

PRO·FORM® 915L

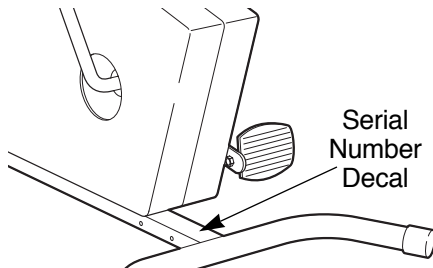
TOTAL BODY WORKOUT

SEARS

Model No. 831.288264

Serial No. _____

Write the serial number in the space above for future reference.



EXERCISE
EQUIPMENT

QUESTIONS

HELPLINE!

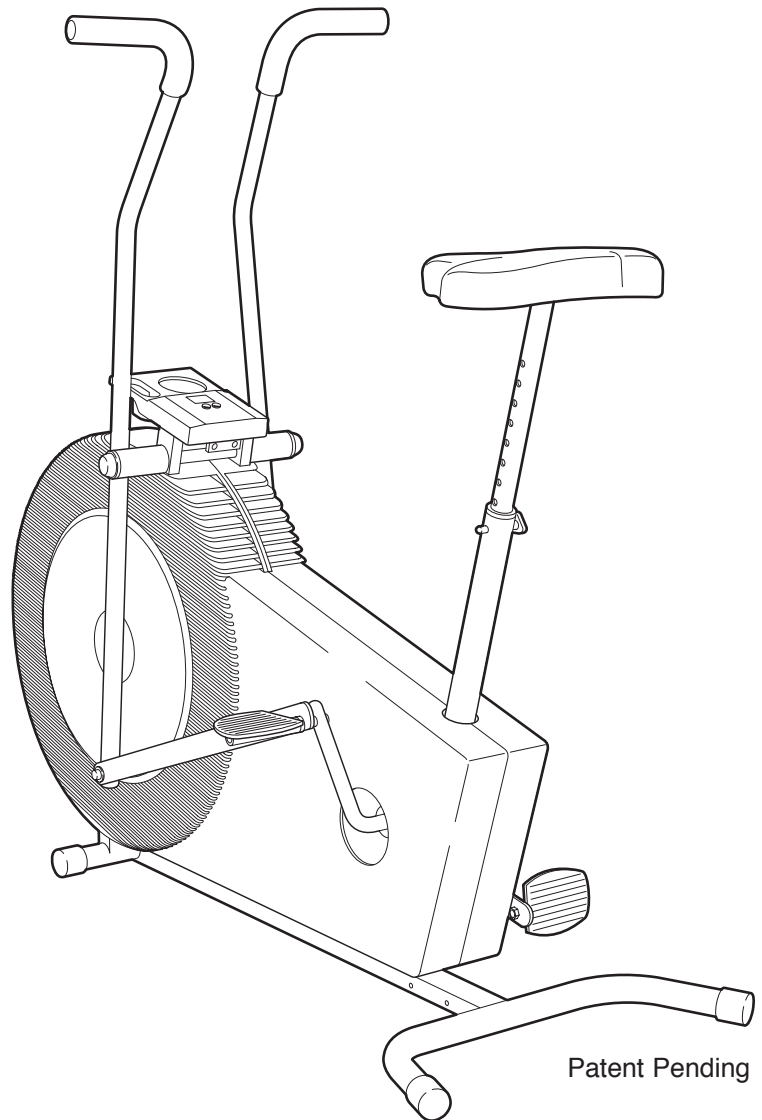
1-800-736-6879

SEARS, ROEBUCK AND CO.,
HOFFMAN ESTATES, IL 60179

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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fitness tips, and much more!

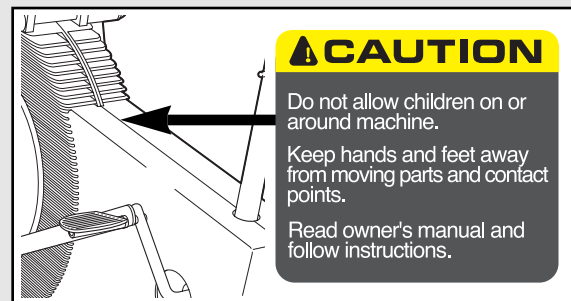
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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the PROFORM® 915L.

1. It is the responsibility of the owner to ensure that all users of the 915L are adequately informed of all warnings and precautions.
2. Read all instructions in this manual before using the 915L. Use the 915L only as described.
3. Place the 915L on a level surface. Place a mat beneath the 915L to protect the floor.
4. Inspect and tighten all parts regularly. Make sure that the chain is properly adjusted (see MAINTENANCE AND TROUBLE-SHOOTING on page 8). Replace worn parts immediately.
5. Keep children under age 12 and pets away from the 915L at all times.
6. The 915L should not be used by persons weighing more than 250 pounds.
7. Keep hands and feet away from the link arms and other moving parts.
8. Do not wear loose clothing that could become caught on the 915L. Always wear athletic shoes for foot protection.
9. When adjusting the seat, insert the seat knob through the welded nut on the frame and through the seat post. Do not insert the seat knob under the seat post. Tighten the seat knob into the welded nut.
10. Always sit on the seat when using the 915L; never stand up on the pedals.
11. If you feel faint, dizzy, or short of breath, stop immediately and begin cooling down.
12. The 915L is intended for home use only. Do not use the 915L in any commercial, rental or institutional setting.
13. The decal shown below has been placed on the 915L. If the decal is missing, or if it is not legible, please call our toll-free HELPLINE to order a free replacement decal (see the back cover of this manual). Apply the decal in the location shown.



WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

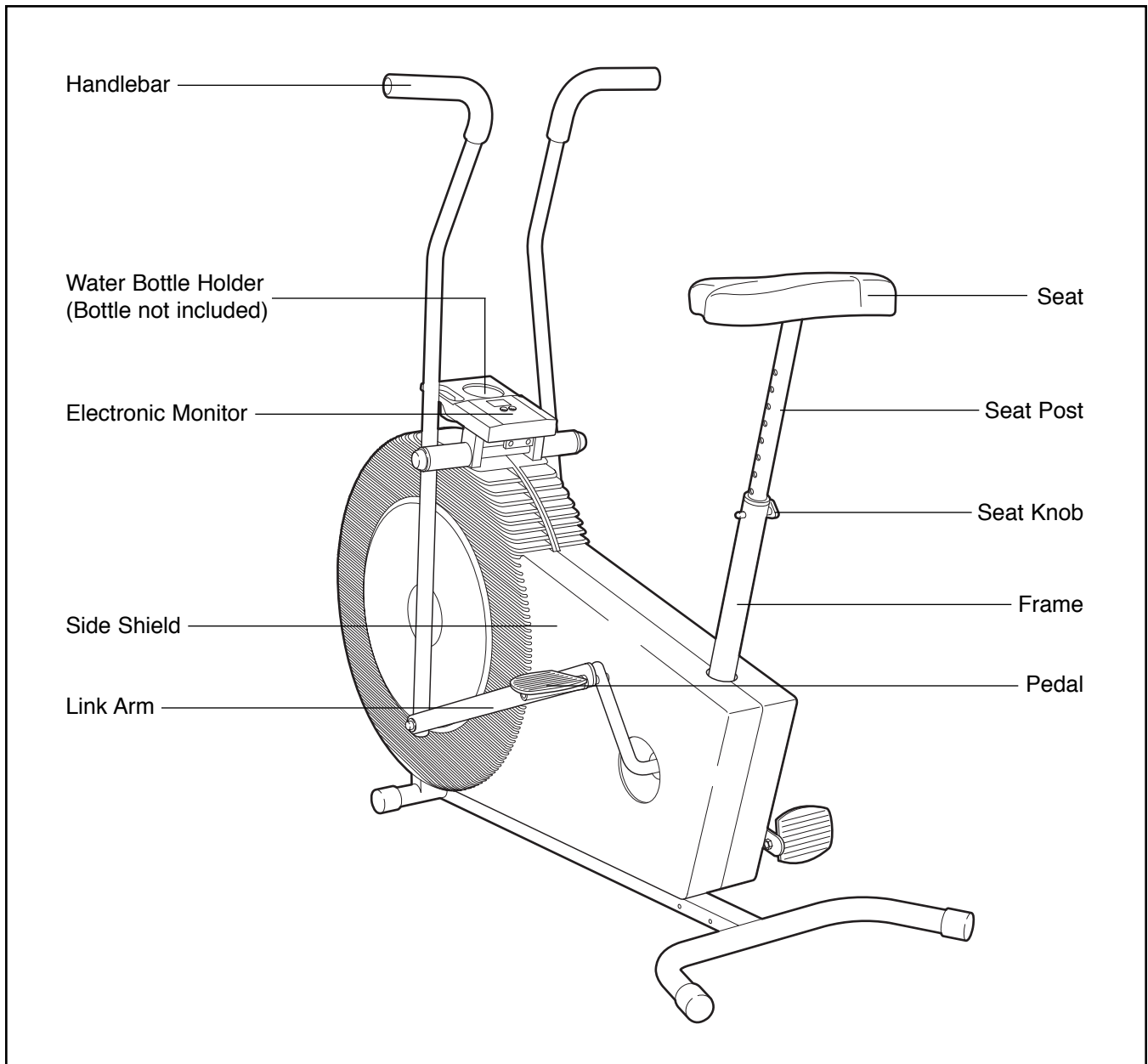
BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® 915L. The 915L blends advanced engineering with contemporary styling to provide you with a low-impact, total body workout in the convenience and privacy of your own home.

For your benefit, read this manual carefully before you use the PROFORM® 915L. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7

p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.288264. The serial number can be found on a decal attached to the 915L (see the front cover of this manual for the location of the decal).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

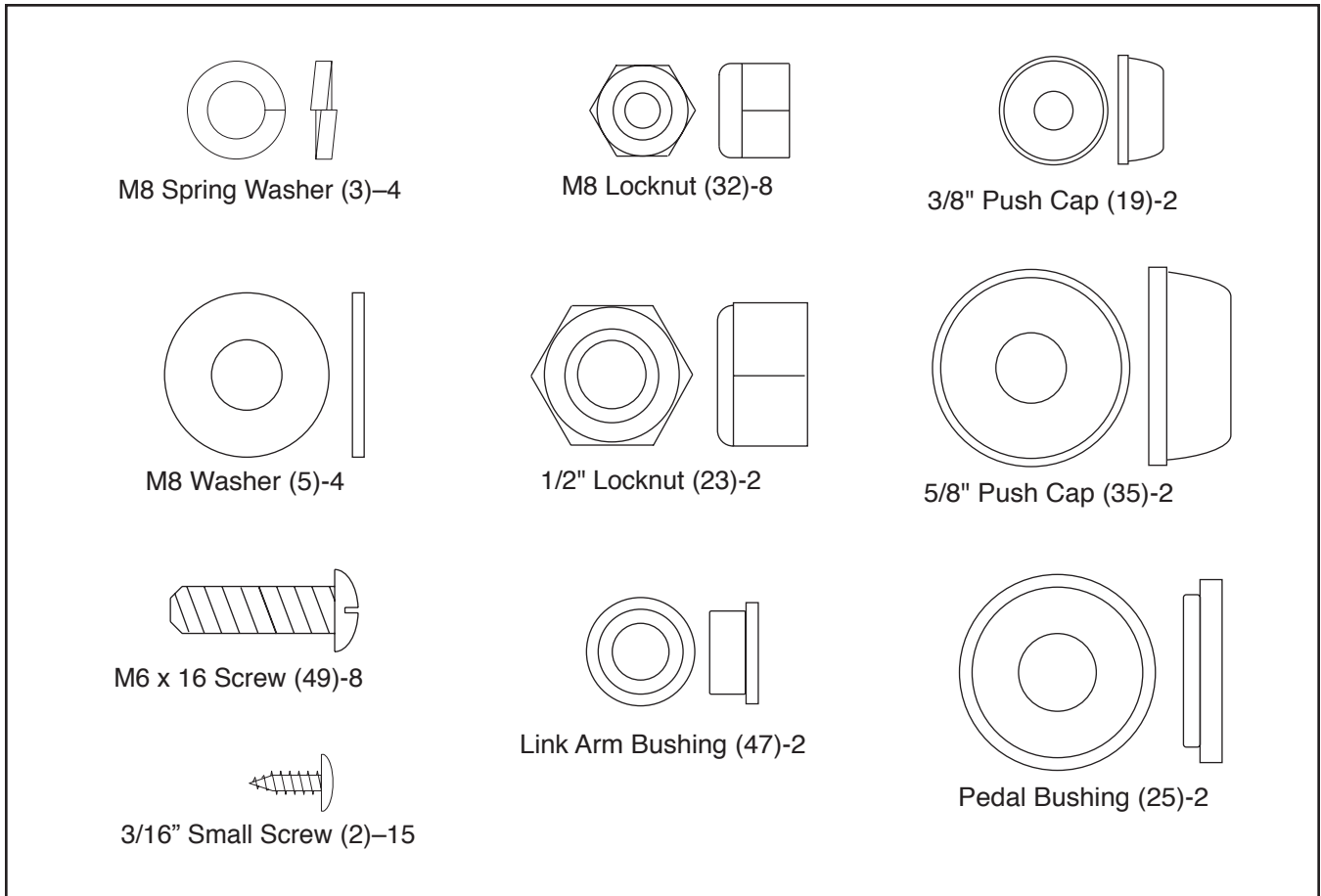


ASSEMBLY

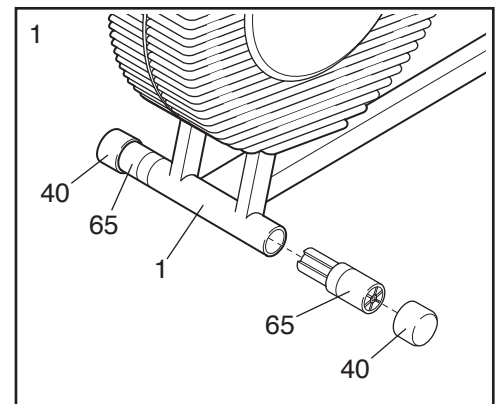
Assembly requires two people. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read through all steps before beginning. During assembly, make sure that all parts are oriented as shown in the drawings.

Assembly requires the included tool and grease packet as well as an adjustable wrench , **a rubber mallet** , and **a phillips screwdriver** .

Use the drawings below to identify the small hardware used in assembly. The number in parenthesis beneath each part refers to the key number of the part, from the PART LIST on page 10. The second number refers to the quantity used in assembly. **Note: some of the hardware shown below may have been pre-attached.**



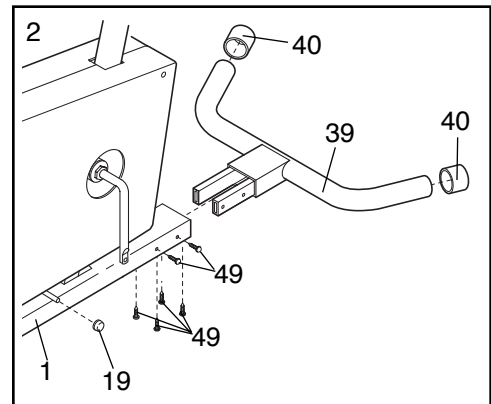
1. Press an Endcap (40) onto each of the two Frame Extensions (65).
Press the Frame Extensions (65) into the Frame (1) as shown.



2. Press two Endcaps (40) onto the Rear Stabilizer (39).

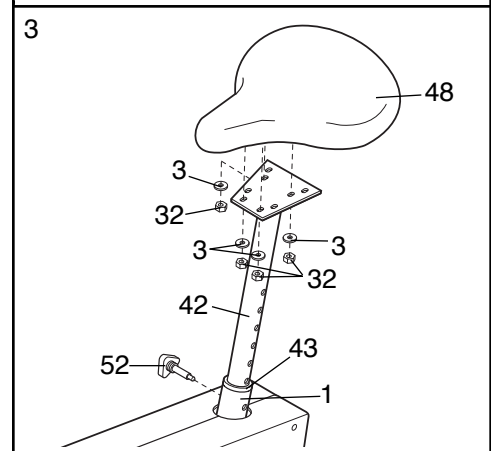
Slide the Rear Stabilizer (39) into the indicated end of the Frame (1). Attach the Rear Stabilizer with two M6 x 16mm Screws (49) from each side and four M6 x 16mm Screws from beneath.

Tap a 3/8" Push Cap (19) onto each end of the locking rod.



3. Remove the four M8 Locknuts (32) and the four M8 Spring Washers (3) from the Seat (48). Attach the Seat to the top of the Seat Post (42) with the M8 Locknuts and the M8 Spring Washers.

Adjust the Seat (48) to the desired height. Insert the Seat Knob (52) through the welded nut on the Frame (1) and through the Seat Post (42). Next, press the Frame Bushing (43) into the top of the Frame. Tighten the Seat Knob into the welded nut. **CAUTION: Make sure to insert the Seat Pin through the Seat Post; do not insert the Seat Knob under the Seat Post.**

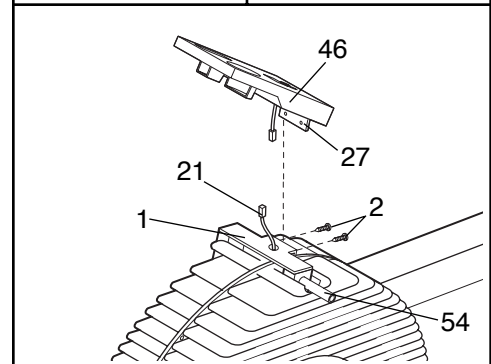
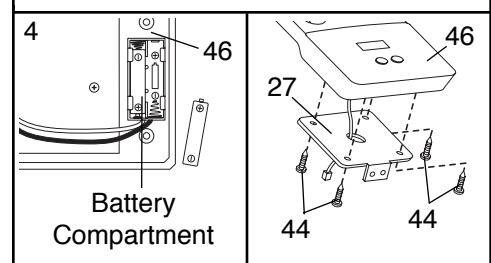


4. The Electronic Monitor (46) requires two "AA" batteries (not included). Alkaline batteries are recommended. Find the markings inside the battery compartment showing which direction the batteries must be turned. Insert the batteries into the battery compartment.

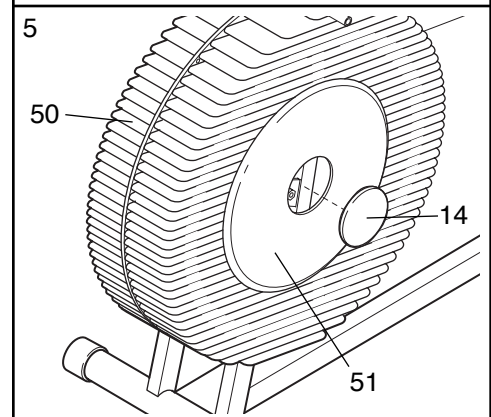
Attach the Monitor Bracket (27) to the back of the Electronic Monitor (46) with the four Console Screws (44).

Insert the Handlebar Shaft (54) into the Frame (1).

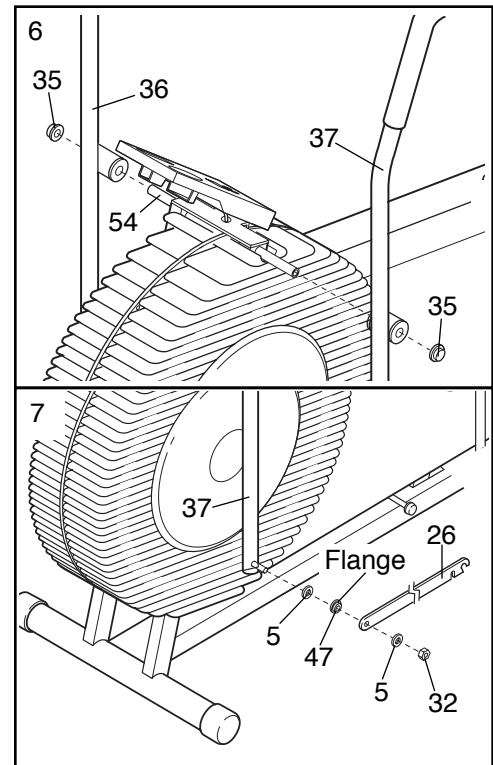
Plug the Sensor Wire (21) into the wire on the Electronic Monitor (46). Attach the Monitor Bracket (27) and the Monitor (46) to the Frame (1) with two 3/16" Small Screws (2). **Make sure that the Sensor Wire is not pinched between the Electronic Monitor and the Frame.**



5. Press an Access Cover (14) into the hole in each Side Shield (50, 51) as shown.



- Lubricate the Handlebar Shaft (54). Slide the Right Handlebar (36) onto the right end of the Handlebar Shaft. **(Note: Refer to the drawing on the front cover and make sure that the Right Handlebar is turned correctly.)** Slide the Left Handlebar (37) onto the left end of the Handlebar Shaft. Tap a 5/8" Push Nut (35) onto each end of the Handlebar Shaft.

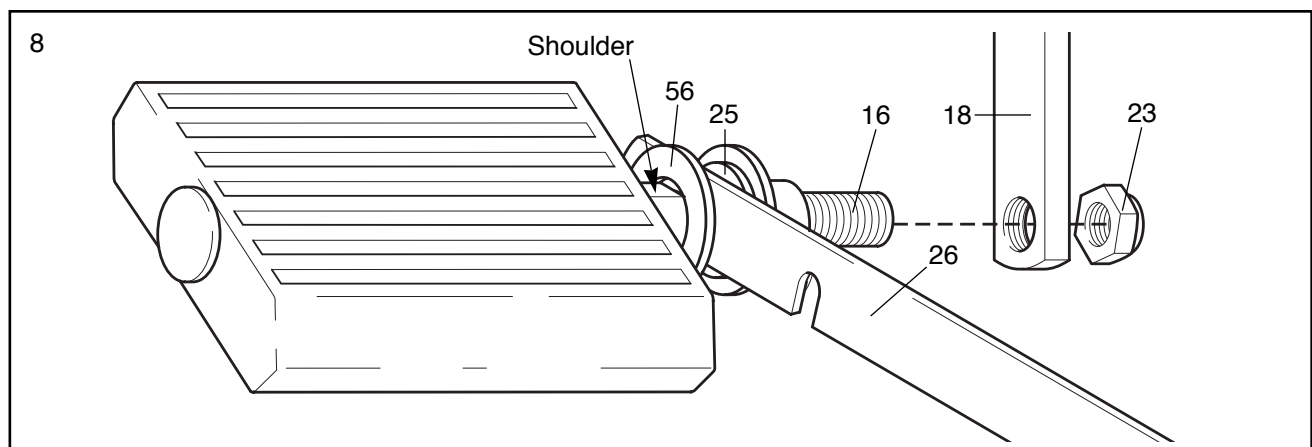


- Slide an M8 Washer (5), a Link Arm Bushing (47) and a Link Arm (26) onto the threaded pin on the lower end of the Left Handlebar (37). **Make sure that the Link Arm Bushing is turned so the flange is next to the Washer. In addition, make sure that the opening in the end of the Link Arm is downward, as shown.** Tighten an M8 Locknut (32) with an M8 Washer (5) onto the threaded pin.

Attach the other Link Arm to the Right Handlebar (not shown) in the same manner.

- For your convenience, the pedal assemblies have been pre-assembled. Remove the 1/2" Locknut (23) from one of the Pedal Shafts (16). Slide the 17.5mm Washer (56) onto the shoulder of the Pedal Shaft and firmly tighten the Pedal Shaft clockwise into the right arm of the Crank (18). Next, tighten the 1/2" Locknut (23) back onto the Pedal Shaft. **Make sure that the 17.5mm Washer (56) can be moved back and forth on the shoulder of the Pedal Shaft.** Fit the end of the right Link Arm (26) onto the Pedal Shaft and **slide the Link Arm onto the Pedal Bushing (25).**

Attach the other pedal assembly to the left arm of the Crank (not shown) in the same manner.



- Make sure that all parts are properly tightened before you use the exercise cycle. Note: Some small hardware may be left over after the exercise cycle is assembled.**

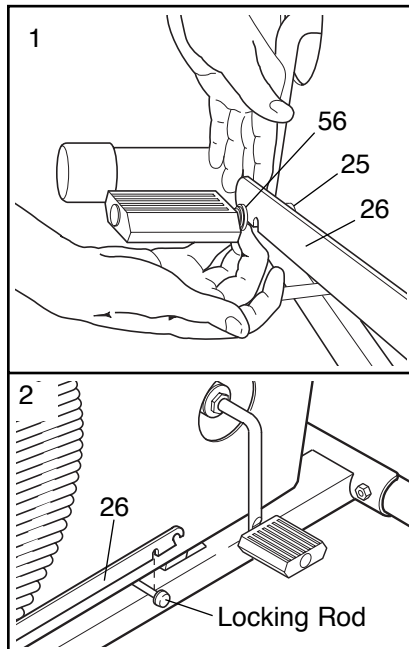
HOW TO USE THE EXERCISE CYCLE

HANDLEBAR OPERATION

The handlebars can be used in either the stationary mode, for pedaling exercise only, or the dual-action mode, for both upper-body and lower-body exercise.

STATIONARY MODE

To convert the handlebars to the stationary mode, the Link Arms (26) must be disconnected from the pedals. Pull the Link Arms outward against the 17.5mm Washers (56), until the Link Arms are free of the Pedal Bushings (25). **CAUTION: Be careful not to pinch your fingers.** Lift the Link Arms off the pedals. Clip the Link Arms (26) onto the lock rod as shown in drawing 2.



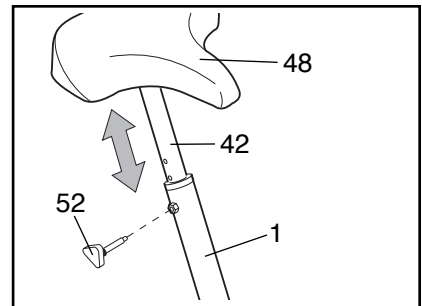
DUAL-ACTION MODE

To convert the handlebars to the dual-action mode, the Link Arms must be connected to the pedals. Refer to drawing 2 above. Lift the Link Arms (26) off the lock rod.

Next, refer to drawing 1 above. Pull the Link Arms (26) outward against the tops of the 17.5mm Washers (56), while pulling against the bottoms of the Washers with your fingers. **CAUTION: Be careful not to pinch your fingers.** Slide the Link Arms onto the Pedal Bushings (25). It may be helpful to move the link arms up and down slightly until they slide onto the Pedal Bushings. **CAUTION: Make sure that the Link Arms are on the Pedal Bushings. If the Link Arms are not on the Pedal Bushings, the Link Arms may slip off during use, resulting in injury to the user.**

SEAT ADJUSTMENT

Proper seat height is important for effective exercise. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust



the Seat (48), dismount the exercise cycle, hold the Seat, and remove the Seat Knob (52). Raise or lower the Seat and insert the Seat Knob through the Frame (1) and the Seat Post (42). Tighten the Seat Knob into the welded nut on the Frame. **CAUTION: Make sure to insert the Seat Pin through the Seat Post; do not insert the Seat Knob under the Seat Post.**

ELECTRONIC MONITOR OPERATION

The electronic monitor offers five modes to provide instant exercise feedback:

Speed—Displays your pedaling speed, in miles per hour.

Time—Displays the elapsed time. Note:

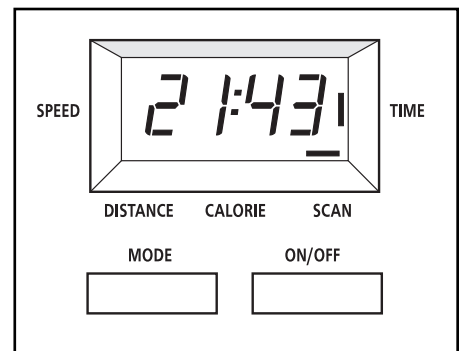
Time will be counted only while you are pedaling. If you stop pedaling for ten seconds or longer, the time mode will pause.

Distance—Displays the total distance you have pedaled, in miles.

Calorie—Displays the approximate number of Calories you have burned.

Scan—Displays the speed, time, distance and calorie modes in a repeating cycle.

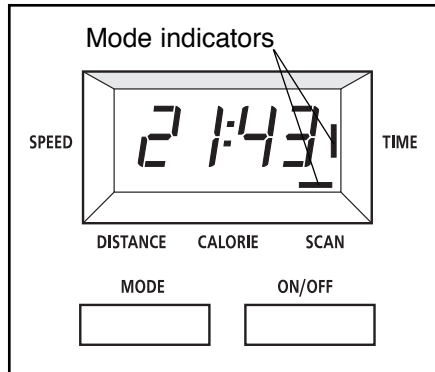
Note: The electronic monitor requires two "AA" batteries (not included). See assembly step 3 on page 4 for battery installation instructions.



Follow the steps below to use the electronic monitor:

1. To turn on the power, press the on/off button or simply begin pedaling.
2. Select one of the five modes:

A. Scan—When the power is turned on, the scan mode will be selected automatically. A mode indicator will appear by the word "SCAN." The speed, time, distance and calorie modes will all be displayed, for five seconds



each, in a repeating cycle. A second mode indicator will show which mode is currently displayed.

B. Speed, time, distance or calorie—To stop the scan mode and select the speed, time, distance or calorie mode for continuous display, repeatedly press the mode button. Make sure that there is not a mode indicator by the word "SCAN." The modes will be selected in the following order: speed, time, distance, calorie, scan.

3. To reset the display, turn the power off and then on again by pressing the on/off button twice.
4. When you are finished exercising, press the on/off button to turn off the power. **Note: If the pedals are not moved and the buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts of the exercise cycle regularly. To clean the exercise cycle, use a damp cloth and mild detergent. Never use abrasives or solvents; keep liquid away from the console.

ELECTRONIC MONITOR

If the electronic monitor does not function properly, the batteries should be replaced. Most problems are the result of drained batteries. See assembly step 4 on page 5 for battery installation instructions.

If the electronic monitor still does not function properly, the sensor wire should be checked. See assembly step 4 on page 5. Slide the electronic monitor off the frame and make sure that the sensor wire is plugged fully into the wire on the electronic monitor.

TIGHTENING THE PEDALS

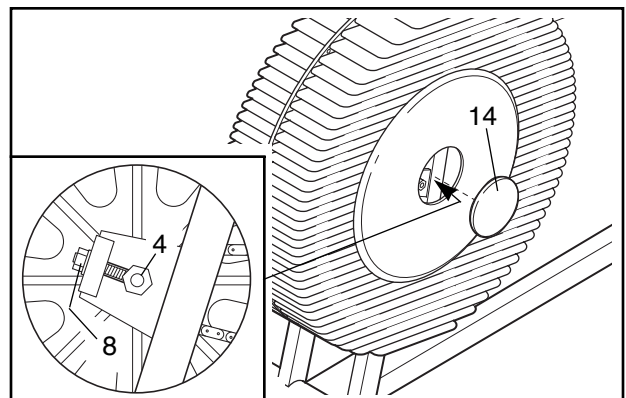
If the pedals become loose, tighten the pedal shafts into the arms of the crank. Tighten the 1/2" Locknuts onto the pedal shafts (see assembly step 7 on page 6).

ADJUSTING THE CHAIN

The exercise cycle features a precision chain that must be kept properly lubricated and adjusted. Apply a few drops of light multi-purpose oil to the chain every three months. If the chain is too tight, the bearings may be damaged; if the chain is too loose, the fan may be

damaged. If the chain causes excessive noise or slips as you pedal, check the chain in the following way:

1. Carefully pry the Access Cover (14) off the right side shield. Reach into the access hole and press down on the chain. **There should be no more than 1 inch, and no less than 1/4 inch, of vertical movement in the center of the chain.** If the chain is properly adjusted, reattach the Access Cover. If the chain needs to be adjusted, see step 2.



2. Pry the Access Cover (14) off the left side shield. Loosen the M8 Washer Nuts (4). To tighten the chain, turn the M6 Adjustment Nuts (8) clockwise; to loosen the chain, turn the Adjustment Nuts counterclockwise. Make sure that the fan is straight, tighten the Fan Nuts and reattach the Access Covers.

CONDITIONING GUIDELINES

The following general guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

20	30	40	50	60	70	80	AGE
165							
145	155						
125	138	145	140				
	120	130	125	130	125		
		115	110	118	110	115	AEROBIC
				105	110	105	MAX. FAT
b.p.m.					95	90	FAT BURN

To find the proper heart rate for you, first find your age near the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If

your goal is to burn fat, adjust your pace until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust your pace until your heart rate is near the middle number in your training zone as you exercise.

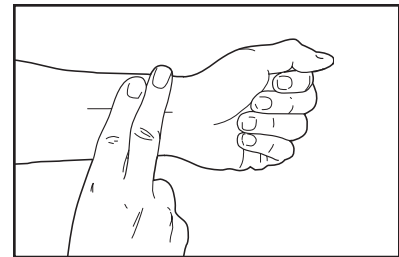
Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust your pace until your heart rate is near the highest number in your training zone as you exercise.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown.

Take a six-second heart-beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second



heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the desired level.

WORKOUT GUIDELINES

Each workout should include three important parts: a warm-up, training zone exercise, and a cool-down.

A Warm-up

Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for strenuous exercise.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A Cool-down

Finish each workout with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.288264

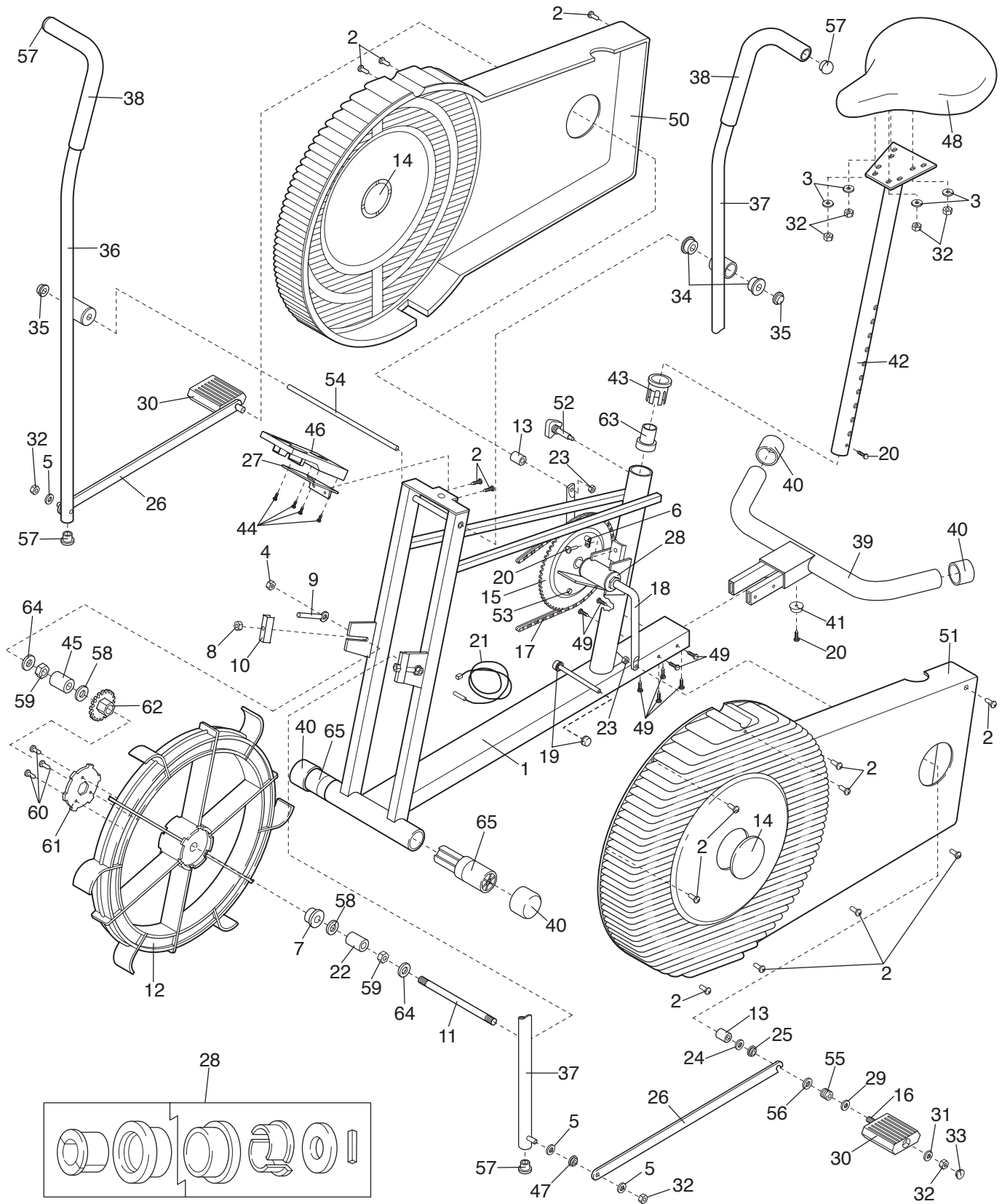
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	35	2	5/8" Push Cap
2	15	3/16" Screw	36	1	Right Handlebar
3	4	M8 Spring Washer	37	1	Left Handlebar
4	2	M8 Washer Nut	38	2	Handlebar Foam
5	4	M8 Washer	39	1	Rear Stabilizer
6	1	Reed Switch Clamp	40	4	Endcap
7	3	Flange Bushing	41	1	Base Bumper
8	2	M6 Adjustment Nut	42	1	Seat Post
9	2	M6 x 51mm Adjustment Bolt	43	1	Frame Bushing
10	2	Adjustment Bracket	44	4	Console Screw
11	1	Fan Axle Shaft	45	1	Long Spacer
12	1	Fan Assembly	46	1	Electronic Monitor
13	1	Pedal Spacer	47	2	Link Arm Bushing
14	2	Access Cover	48	1	Seat
15	1	Sprocket	49	8	M6 x 16mm Screw
16	2	Pedal Shaft	50	1	Right Side Shield
17	1	Chain	51	1	Left Side Shield
18	1	Crank	52	1	Seat Knob
19	2	3/8" Push Cap	53	1	Sensor Magnet
20	3	M4 x 16 Tapping Screw	54	1	5/8" Handlebar Shaft
21	1	Reed Switch/Sensor Wire	55	2	Pedal Spring
22	1	Short Spacer	56	2	17.5mm Washer
23	2	1/2" Locknut	57	4	Handlebar Endcap
24	2	13mm Washer	58	2	M10 Flat Washer
25	2	Pedal Bushing	59	2	M8 Hex Nut
26	2	Link Arm	60	3	M4 x 25mm Tapping Screw
27	1	Monitor Bracket	61	1	Fan Plate
28	1	Crank Assembly	62	1	Fan Sprocket
29	2	21mm Washer	63	1	Seat Post Bushing
30	2	Pedal	64	2	21mm Flat Washer
31	2	M8 Pedal Washer	65	2	Frame Extension
32	8	M8 Locknut	#	1	Grease Pack
33	2	Pedal Cap	#	1	User's Manual
34	4	Handlebar Bushing			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. 831.288264

R0899A





Model No. 831.288264

QUESTIONS?

If you find that:

- you need help assembling or operating the PROFORM® 915L
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

**1-800-FON-PART
(1-800-366-7278)**

The model number and serial number of your PROFORM® 915L are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The NAME OF THE PRODUCT (PROFORM® 915L)
- The MODEL NUMBER OF THE PRODUCT (831.288264)
- The KEY NUMBER OF THE PART (see page 10)
- The DESCRIPTION OF THE PART (see page 10).

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS BIKE EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the BIKE EXERCISER, free of charge.

This warranty does not apply when the BIKE EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179